

Logjams protect salmon and railroad

Emmett O'Connell, NWIFC - By putting logs in Goldsborough Creek the Squaxin Island Tribe and South Puget Sound Salmon Enhancement Group will create salmon habitat and protect a logging railroad. The Tribe and the enhancement group are working with Simpson Lumber and Green Diamond Resource Company to build new structures to benefit both salmon and jobs.

"Right now the creek doesn't have enough of the things that salmon need, like pools and cover, to really survive," said Scott Steltzner, Salmon Biologist at the Squaxin Island Tribe. "The logs in the stream will help provide a nice large pool and help salmon as they migrate out and then when they come back as adults."

The partners will also protect a railroad that runs next to the creek by building a

log wall. Because the log wall will incorporate elements of a natural logjam, it will be more fish friendly than a traditional rock retaining wall. "It has been harder and harder for Simpson Lumber to maintain the railroad because the creek has been eroding the bank," said Brian Combs, Project Manager for South Puget Sound Salmon Enhancement Group. "The crib wall is a salmon safe option to making sure the railroad doesn't wash away."

Recent habitat work on Goldsborough Creek builds on an effort more than a decade ago to bring down a dam lower in the watershed. "After the dam came down,

Continued on Page 7

**Squaxin Tribal Members
FREE tournament just for you!**



Third Annual Chairman's Challenge

Sign up as four person team or individually.
Scramble format fun for players of all skill levels!

October 7, 2013 • 9 am registration • 11 am shotgun start

Tribal members are welcome to invite guests as
part of their team.

Closest to the hole and long drive competitions!
Free banquet and awards ceremony following golf.

Call the golf shop at 360.462.3672 to sign up or get more information

Community Wellness Fair



More photos of the Community Wellness Fair on Pages 11 - 17



Walking On



Sallee Gene Elam Rankin

Sallee Gene Elam Rankin - Beloved Squaxin Island tribal Elder Sallee Gene Elam Rankin, died Wednesday, September 5 2013 at home surrounded by her family. She had a long hard fought battle with COPD. God saw her suffering and brought her home.

Salle was born February 21, 1944. Sallee was the eldest child of Dave and Fame Rankin (Whitener). Sallee was born in Olympia, raised in Trinidad, California and returned to Olympia about 15 years ago.

Sallee is survived by her husband of nearly 50 years, Donald; her children, Kimberli Elam, Dawne Elam and David Elam; beloved grandchildren, Matthew Trotter, Michael Trotter, Tyler Burrow, Kaitlyn Burrow and Cassidy Burrow; her great-grandchildren, Olivia Trotter and Landon Trotter.

Sallee loved to garden and raise fuschias. She enjoyed clam digging and fishing with her family. She and Don would plant a huge garden every year and grow more than they could ever eat. Much of it was canned and shared with family and friends. When Sallee wasn't busy in the garden, you were sure to find her in a local thrift store looking for a hidden bargain. The family would like to thank all who attended and participated in her service. Your love and support was greatly appreciated.

Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
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VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

Needs Based Program

Your Social Security (SSI) eligibility or benefits are at risk if you receive a per capita check or senior dividend check. The Tribe may be able to help avoid that risk.

SSI has an exception for Needs Based payments. The Tribal Council adopted a Needs Based program to help Elders and disabled on SSI keep their full SSI and per capita and senior dividend.

Contact Legal for assistance:
(360) 432-1771 x5.



FREE LEGAL HELP FOR LOW-INCOME NATIVE AMERICANS AND ALASKA NATIVES

The Northwest Justice Project's Native American Unit (NAU) provides free civil (non-criminal) legal services for people who cannot afford a lawyer in Washington. To reach us call the toll-free hotline at **(888) 201-1014, and then press 5** to leave a message for the NAU. You can leave a message **24 hours a day, 7 days a week** and we will return your call within 2 business days.

The Native American Unit's attorneys offer services ranging from limited assistance to full representation depending on the legal issue and individual circumstances. We provide legal assistance in the following areas:

- Domestic Violence
- Exclusion/Banishment
- Indian Child Welfare Act
- Housing
- Education: Discipline, Discrimination and Special Education
- Health
- Public Benefits
- Issues in Tribal Court
- Wills
- BIA Probates
- Employment: Discipline and Termination

What is Northwest Justice Project?

The Northwest Justice Project (NJP) is a statewide non-profit organization with 17 offices in Washington State that provide free civil legal services to low-income people.

NJP's mission is to provide high quality free legal services on priority problems to eligible low-income clients, either directly or through efficient and effective referrals.





Save the Date Fri—October 18, 2013

Squaxin Island Family Service Dept
Domestic Violence Program
Would like to invite you to
Squaxin Island's
"NO MORE"

**Together We Can End
Domestic Violence & Sexual Assault**

Please watch for more information
About this event!!!

Questions/Comments

Gloria J. Hill

Domestic Violence Project Coordinator/Advocate
360-432-3927 or 36-463-7051



Bail Bonds

Squaxin Island Tribal Court no longer accepts bail bonds from Jail Sucks Bail Bonds as of February, 2013. If you are held with a bondable warrant, you may use another bail bond company. If you have questions regarding this matter, please contact the court clerk at 360-432-3828.

Holiday Bazaar Vendor Information Squaxin Island Museum

Vendor Name:

E-mail Address:

Type of Business:

Telephone Number:

Web Site Address:

Address:

Payment Options

This vendor accepts: \$20.00 per 6ft table. \$10 electrical hookup fee. We do not supply extension cords or surge protectors. The cost covers both days even if you're able to attend only one day. We are not responsible for damages or theft. **We will expect FULL payment paid prior to Holiday Bazaar, NO EXCEPTIONS. Set up Friday at 8:00 am doors open at 9:00 am. Tear down no later than 4:30 on Saturday.** Nothing is left behind for pick up later.

☐ Check

☐ Cash

Total: \$

Contact at Museum

Name:

Ruth Whitener

E-mail Address: (NOTE it's changed)

rwhitener@squaxin.us

Job Title:

Cultural & Tour Coordinator

Telephone Number:

360-432-3841

Office Location:

150 SE Kwuh-Deegs-Aktxw
Shelton, WA. 98584

Fax Number:

360-432-3744

Vendor Products and Services

By signing this you agree to the terms stated above:

Date

List your product – service in detail:



Squaxin Island Tribal Member Employee Spotlight

In this month's employee spotlight, we would like to introduce you to Carmen Algea. Carmen began her journey with Little Creek Casino Resort in the very beginning as PBX operator. She moved from the area for a few years and came back in 2007 as a Security Officer. She transferred within the casino to various departments before finding her niche working within the hotel as a Hotel Guest Services Representative.

While working in Guest Services, Carmen quickly developed a great rapport with both her coworkers and hotel guests. She also gained valuable experience learning the back of the house hotel systems and assisting her coworkers with all hotel functions. Because of these efforts and great understanding of the Guest Services Department, Carmen was promoted to the Guest Services Supervisor. In this capacity Carmen will exercise her excellent leadership abilities while continuing to learn the various hotel operations. We thank Carmen for her contribution and fulfilling the mission of the Hotel Guest Services department and Little Creek Casino Resort!

Interview Questions:

1. *Carmen, tell us a little about yourself?*

Proud to say I am a Squaxin Island Tribal member. I have 3 beautiful girls, Vanessa Tom, Victoria Sanders, and Tasheena Sanchez. I have four beautiful grand-babies. I absolutely love spending time with my grand-babies. They don't ever like to go back home.

2. *What brought you back to Little Creek Casino Resort?*

I was actually hired as a PBX operator when we (the casino) very first started. I was trained for PBX by the Tribe at the very beginning of the casino. At that time we only had the small gaming floor. The casino was much different back then. I have a very low badge number 0028. It's lower than Uncle Russel Coopers badge number.

I left the casino for a bit and decided to come back and I wanted to be around our tribal people. I knew I wanted to help our younger tribal people be successful. I have been fortunate in helping get a large number of our Squaxin tribal women hired and trained at the front desk. Donovan Henry is the only young brave man to work among all the Squaxin women at the front desk.

3. *What does a normal day look like for you?*

Every single day is different. Every single day is completely busy! Sometimes we have a concert, an event, or a conference. It is important for all of us at the front desk to know what event we have going on that day, so we can appropriately prepare for a busy work day. My favorite is when we have visitors from the local schools or colleges. Occasionally, I get to talk about the tribal art various displays we have around the property.

4. *What aspect of your role do you enjoy the most?*

I love getting up and coming to work every day. I like how eventful the days are here. Our team is always busy doing something. I also like how every day is a learning process. I am constantly learning new things about the hotel, the business, and different systems. If I am not learning, I am helping a coworker. I love the fact that now I get the opportunity to help mentor and train people at the front desk.

5. *What would people never guess you do in your role?*

I talk to a lot of people during the day! Whether it is a happy guest or if I am assisting a guest with an issue - I am constantly interacting with our guests to meet any and all of their needs. A lot of people probably don't realize to be in a supervisory role, you need a lot of conflict resolution skills. On a daily basis, I deal with employee issues, patron issues, or any random issue that may arise.

6. *What qualities help you achieve success in your position here?*

I listen to people well. I hear what they have to say and try to help people as best as I can. I also listen to instructions well. I have also set some important goals in life and have had to be very diligent and disciplined in achieving those goals. Luckily, I have had supportive managers to help me achieve my goals. Also want to thank all my tribal people working here for being so supportive.

7. *Any final thoughts or encouragement for our readers?*

If I can remain diligent and focused, anyone can! I am here for our community, our tribal youth, and I made it clam digging and now I am here today. I give thanks to our ancestors, our lands, and our leaders. Especially, I want to thank our Council leaders for paving the way for our tribal people to excel in these supervisory and management positions. I have seen many of our tribal people succeeding lately, and it makes me so happy!



Hotel Front Desk Staff





Please help us welcome our most recent Little Creek Casino Resort - Squaxin Tribal employee!

Hi my name is Tim Linn Jr. (Peters family). I just moved here from Southern California and I'm excited to be part of the family here at Little Creek. My goals are to give 100 % real world class service to our guests and become management in the future. I enjoy sports, food, cooking, camping, fishing, beaches, and I'm just very outgoing. I've lived here since July 19th and I'm enjoying salmon fishing at night with cousins. Thank you all for making me feel at home.

Sincerely,
Timothy Linn, Jr.



Timothy Linn, Jr.
Banquet Server



ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.

Community Funds

Island Enterprises is pleased to announce a new scholarship opportunity for Tribal members, and contributions to two Tribal programs. Our fuel distributor, Associated Petroleum Products, has committed to provide \$3,500 in community funds per year for 10 years. Beginning next year, Island Enterprises will use \$2,500 per year to provide scholarships, and give \$500 per year each to the summer rec program and the Youth Council. We'll provide more details on how to apply for the scholarships next Spring.

Public Budget Hearing Report

Thank you to Tribal members and others who attended the public budget hearing in late August. Island Enterprises was very happy to have an opportunity to share information about our financial condition and budget priorities with the Community and to get your input and answer questions. Our mission is to provide resources for the Tribe, and we believe that sharing information with you and hearing your thoughts and concerns is essential. Thank you for that opportunity, and please keep sharing your thoughts with us all year long!

New Signage Makes Steamboat Trading Post More Visible



Reinvesting in KTP

KTP has long been an important economic engine for the Tribe, producing tax revenues and profits that help fund Tribal programs and services benefiting the entire Community. We've reinvested in that business with repairs, maintenance and other improvements, but there's more to come in the new budget year. In the next two months, look for exciting new deli and soft drink options as we continue to invest in this business!

KTP Canopy Repairs

An inspection earlier this year showed signs of significant pest damage to the wooden poles supporting the canopy at the main KTP store, and an engineer recommended we make repairs within a year. Building codes no longer allow us to use solid wood poles for this type of structure, but we asked the engineer to design a solution that would keep the original look of the canopy as much as possible, while still protecting the structure in case of earthquake. The solution was to put in steel poles wrapped with hollowed logs, much like other Tribal buildings on the reservation. When the first cuts were made, it was discovered that the damage was even worse than expected, and repairs were definitely needed this year. The repairs began in September and should be complete by the end of the month.



FAMILY SERVICES



Domestic Violence

Millions of women are confronted with violence at the hands of their husbands, boyfriends and significant others each year in our country.

This devastating experience is often kept a secret. Victims of domestic violence are unwilling to tell anyone – even close friends or family. They are ashamed to let anyone know about intimate family problems. Victims of domestic violence come from all walks of life, cultures, ages and income groups. If left unchecked, this type of violence will affect the entire family, destroy self-esteem, and will usually escalate into serious physical harm. If you or a loved one is a victim of domestic violence, seek help immediately.

Warning Signs

- Jealousy
- Controlling Behavior
- Isolation
- Blaming Others
- Verbal Abuse
- Psychological Abuse (Emotional Abuse)
- Cruelty to Children or Animals
- Threats of Violence
- Force During Arguments
- Angers Easily
- Breaking or Striking Objects
- Discourage Other Friendships
- Threaten with Weapon
- Controls Your Schedule
- Accuses You of Being Unfaithful
- Controls All Finances
- Forces You to Have Sex

You are not alone, there is help for you!

Please call:

Gloria J. Hill
Domestic Violence
Project Coordinator/Advocate
360-432-3927 or 360-463-7051
ALL CALLS ARE CONFIDENTIAL!!!



Safety Plan

If you are still in the relationship:

Think of a safe place to go in an argument occurs – avoid rooms with no exits, (bathrooms), or rooms with weapons (kitchen).

Think about and make a list of safe people to contact.

Keep change/money with you at all times

Memorize all important numbers.

Establish a “code word” or “sign” so that family, friends, teachers, co-workers know when to call for help.

Think about what you will say to your partner if he/she becomes violent.

Remember, you have the right to live without fear and violence.

If you have left the relationship:

Change your phone number.

Screen calls.

Save and document all contacts, messages, injuries or other incidents involving the batterer.

Change the locks, if the batterer has a key.

Avoid staying alone.

Plan on how to get away if confronted by an abusive partner.

If you have to meet your partner, do it in a public place. Take a friend or family.

Vary your routine.

Notify school and work contacts.

Call a shelter for battered women.

Call your local Domestic Violence Advocate.

Resources

Mason County:

Turning Pointe: 360-426-1216

Prevention, Advocacy and Specialized Services: 360-426-6925

24 HR Sexual Assault Crisis Clinic:
360-490-5228

Thurston County:

SAFEPLACE: 360-786-8754

24 HR Crisis Clinic:
360-754-6300 or 360-943-6703 TTY

The National Domestic Violence Hotline is staffed 24 hrs a day by trained counselors who can provide crisis assistance and information about shelters, legal advocacy, health care centers and counseling. 1-800-799-7233 (SAFE)

Although there are national hotlines for adults, teens have special needs and require specific expertise, information and communication mechanisms for overcoming dating violence. The 24-hour national web-based and telephone resource was created to help teens (ages 13-18) experienc-

ing dating abuse and is the only helpline in the country serving all 50 states.

National Teen Dating Abuse Helpline:
www.loveisnotrespect.org
1-866-331-9474 or 1-866-331-8453
TTY

The Rape, Abuse, Incest National Network (RAINN) will automatically transfer you to the rape crisis center nearest you, anywhere in the nation.

RAINN: 1-800-656-4673 (HOPE)

You are not alone. And no matter what you have been told, it's not your fault. You have a right to live without being hurt!

If you have questions regarding domestic violence, please call:

Gloria J. Hill
Domestic Violence
Project Coordinator/ Advocate
360-432-3927

ALL CALLS ARE CONFIDENTIAL!!!!!!!

If you have an emergency please call 911!

Squaxin Island Law Enforcement:
426-5222

Shelton Dispatch: 426-4441



Save the Date
Fri—October 18, 2013

Squaxin Island Family Service Dept
Domestic Violence Program
Would like to invite you to
Squaxin Island's

"NO MORE"

Together We Can End
Domestic Violence & Sexual Assault
Please watch for more information

About this event!!!

Questions/Comments

Gloria J. Hill

Domestic Violence Project Coordinator/Advocate
360-432-3927 or 36-463-7051



Mill Creek Surveys

Emmett O'Connell, NWIFC - The Squaxin Island Tribe is taking a close look at Mill Creek to try to find out why coho salmon numbers have declined so significantly in what appears to be a fairly intact system.

"This is a very comprehensive study of the freshwater habitat in the creek" said Sarah Zaniewski, Habitat Biologist for the Squaxin Island Tribe. In addition to conducting habitat surveys throughout the lower Mill Creek watershed, the Tribe is also surveying juvenile salmon populations and collecting water temperature data.

Like in most South Sound streams, Mill Creek coho production dropped off about 20 years ago. "But, while there was a certain level of recovery in most of the streams to a new lower sustainable level, production in Mill seems to have fallen off the cliff," Sarah said. "No one seems to know why. There's no obvious change in the past 20 years that could easily explain why we don't find more adult spawners here."

The tribal surveys will focus on the lower eight miles of the creek which flows out of Lake Issabella before entering Puget Sound. "We know juvenile salmon use the upper portion of the creek's watershed, which includes two tributaries that flow into the lake," Sarah said. "What we don't know is why the overall watershed production is low."

After a few unsuccessful years, this was the first year the Tribe was able to collect consistent coho out-migration data for the creek. In past years, the Tribe installed a weir trap. Smolt traps are devices used to safely capture, count and release out-migrating juvenile salmon.

"Those weir traps kept on getting blown out by high water, so this year we shifted to a screw trap, which is bulkier, but isn't impacted so greatly by high flows," Sarah said. "The trap will give us an idea of how many fish are leaving, and we'll hopefully find what habitat they're using in the survey."

Because coho salmon spend their first year of life in freshwater, they can be found year around. "Because they overwinter, coho are especially vulnerable to changes in freshwater habitat," Sarah said. "That makes this kind of basic habitat research essential to preserving salmon."

Understanding exactly what habitat is available for salmon will help the Tribe restore local runs. "The best way to make sure there's enough coho for everyone is to protect and restore the habitat they depend on," said Andy Whitener, Natural Resources Director for the Squaxin Island Tribe.



Logjams protect salmon and railroad

Continued from Page 1

salmon were able to access the upper 25 miles of the Goldsborough Creek watershed," Scott said. "By enhancing the habitat up here, we should boost salmon productivity even more."

Last summer the tribe and the enhancement group also replaced two undersized culverts just upstream that blocked a tributary to Goldsborough, opening almost a mile of new spawning and rearing habitat.

Coho will especially benefit from the restoration project, since they spend more time in freshwater than other salmon species and depend more on freshwater habitat. Over the past 20 years, deep South Sound coho production has been on a slow but steady decline.

"We're glad we can come together with other partners in the community to get a project like this off the ground," said Andy Whitener, Natural Resources Director for the Tribe. "Salmon restoration projects are central to our efforts to protect our treaty rights. Without salmon, our way of life and economy suffers."





Teen Center October Activities

- Basketball practice
Mondays, Tuesdays and Thursdays
3:30 - 4:45
- Teen fitness class every Tuesday
3:15 - 4:15
(times may change due to basketball practice)
- Movie Night on October 24th in the Teen Center
- Halloween Party October 25th
Teen Center will be closed for set up
Party will be from 5:00 - 7:00 p.m.
- Craft projects: Duct tape art, self-portrait collage, nail art,
Halloween tin can lanterns

Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 8:30am-5pm Front Desk: 432-3958
Youth Gym/Recreation Hours: M-F: 3-6pm Rec Rm: 432-3275 (only 3-6pm)
Teen Center: M-F: 3-6pm Teen Director: 432-3842
All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm Youth Council 5:30-6:30	2 <i>GSD-ER @ 2:15pm</i> Rec Rm: 2:30-6pm Gym: I.T.B. Game Day Teen Ctr: 3-6pm Open Swim: 3-6pm	3 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm	4 <i>SSD-ER 1.5 Hrs.</i> Rec Rm: 1:30-6pm Gym: Baton 4-9pm Teen Ctr: 1:30-6pm Open Swim: 5-8pm
7 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 & Elem Bball: 5-5:45pm Teen Ctr: 3-6pm Open Swim: 3-6pm	8 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm Youth Council 5:30-6:30	9 <i>GSD-ER @ 2:15pm</i> Rec Rm: 2:30-6pm Gym: I.T.B. Game Day Teen Ctr: 3-6pm Open Swim: 3-6pm	10 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm	11 Rec Rm: 3-6pm Gym: Baton 4-9pm Teen Ctr: 3-6pm Open Swim: 5-8pm
14 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 & Elem Bball: 5-5:45pm Teen Ctr: 3-6pm Open Swim: 3-6pm	15 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm Youth Council 5:30-6:30	16 <i>GSD-ER @ 2:15pm</i> Rec Rm: 2:30-6pm Gym: I.T.B. Games Day Teen Ctr: 3-6pm Open Swim: 3-6pm	17 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm	18 <i>SSD-ER 1.5 Hrs.</i> Rec Rm: 1:30-6pm Gym: Baton 4-9pm Teen Ctr: 1:30-6pm Open Swim: 5-8pm
21 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 & Elem Bball: 5-5:45pm Teen Ctr: 3-6pm Open Swim: 3-6pm	22 <i>SSD-ER 3 Hrs.</i> Rec Rm: 1:30-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 12-6pm Youth Council 5:30-6:30	23 <i>SSD-ER 3 Hrs.</i> <i>GSD-ER @ 2:15pm</i> Rec Rm: 1:30-6pm Gym: I.T.B. Game Day Teen Ctr: 12-6pm Open Swim: 3-6pm	24 <i>SSD-ER 3 Hrs.</i> Rec Rm: 1:30-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 12-6pm	25 <i>SSD-ER 3 Hrs.</i> <i>No After-School Program</i> <i>Halloween Party 5-7pm</i> Teen Ctr: Closed Open Swim: 5-8pm
28 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 & Elem Bball: 5-5:45pm Teen Ctr: 3-6pm Open Swim: 3-6pm	29 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm Youth Council 5:30-6:30	30 <i>GSD-ER @ 2:15pm</i> Rec Rm: 2:30-6pm Gym: I.T.B. Game Day Teen Ctr: 3-6pm Open Swim: 3-6pm	31 Rec Rm: 3-6pm Gym: Bball Jr. 3:30-4:45 Teen Ctr: 3-6pm	
TLA: M-F 12-4pm After School Snacks: M-F 4-4:45pm Computer Lab: M-Th 3-6, F 3-5pm Sylvan: M-Th 4:30-7:30pm Homework Help, GED Prep: T-TH 4-7pm		Key ER = Early Release SSD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		Key for Basketball I.T.B. = Inter-Tribal Bball High School = Grades 9-12 Jr. High = Grades 6-8 Elementary = Grades 3-5



School Update

By Peggy Peters - The new 2013-2014 school has begun and we are excited about all the opportunities available to our K-12 students. Sylvan, Read 20, GED, Teen Center (for youth 12-17), Homework Help and Homework Club are learning activities being held after school at the TLC.

Sylvan is not only for the student who may be struggling in school; it is a program that can strengthen and build any student's knowledge and confidence. One new change? In early October, the Sylvan program plans to start using Apple iPads in their student instruction. We have openings so please drop by and pick-up an application.

This year we would like to stress the importance of reading and completing homework. We will be offering GED and homework help on most Tuesdays, Wednesdays, and Thursdays, from 4:00 pm to 7:30 pm. The TLC will also have a tutor available to encourage students to read 20 minutes a day (Read 20).

Parents if you have a young child, or a teen that needs help with their studies please contact the TLC at 360-432-3958.

WAKE UP! It's Time for School. This is a reminder for parents and guardians to set a bed time for their children. If a child gets enough sleep it will be easier to wake them in the morning. Your child will make it to school on time and will be alert and ready to learn.

GED and Homework Help Update

By Jamie Burris - Stay focused on staying on track this school year by coming up and studying or completing homework. I am here to help you with any unfinished work, homework you don't understand or a test you need to study for. I am here on Tuesday, Wednesday, and Thursday from 4:00 - 7:00 p.m. in the classroom of the Education Building.

If you have not completed your GED, NOW is the time to do it! The GED test is being rewritten. The new test will roll out in January 2014 and will be much more difficult than it currently is. If you have already taken tests, but have not completed your GED, you will need to complete all of your tests before January. Any incomplete GED tests will no longer be valid as of January 2014. This means, you will need to complete your GED before January 2014 or all previous scores will be lost.

Getting your GED will help increase your chances of employment and / or a raise. If you have not already begun your GED, now is the time to start! For more information, please contact Jamie Burris at: jbarris@mcclary.wednet.edu

Afterschool Program Update

By Jerilynn Vail - We have copies of our activity schedule at the TLC if you would like to pick one up.

We have started a Homework Club. It is as easy as 15 minutes of homework daily. Once a month we would like to honor those youth who are working hard with a little reward. Plus, for those youth who attend all school year long we plan to have an end-of-the-year celebration. Our first Homework Club Party is Friday, October 4th, from 5-6 p.m.

Baton lessons are going to be offered again on Friday's after school. Come in, meet Coach Judy, and learn to twirl.

Movie night is on Friday the 18th with a movie showing from 4:45 - 6:15 p.m.

A swimming party is scheduled on Wednesday the 23rd from 2:00 - 4:00 p.m.

The annual Halloween Party will be on Friday, October 25th from 5:00 -7:00 p.m. in the gym. Come dressed in your costumes to play games, have something to eat, or just sit back and enjoy watching the fun!

Jr. High Inter-Tribal Basketball is beginning, starting with a team for grades 6-8. Games are on Wednesday's. Check our Facebook page or stop by the TLC for a schedule. The team for grades 3-5 will start a little later in the season.

We were able to take a group of 4th and 5th grade students to Seattle for a sleepover in the Aquarium and to participate in the Salmon Homecoming School Days Celebration. We have pictures posted on our Facebook page.

Teen Center Update

By Laurel Wolff - In October, the Teen Center will be open most days after school from 3-6 p.m. – earlier on the early release days. Check the calendar in this month's Klah-Che-Min.

Basketball practices for the Grade 6-8 intertribal league team are going to be on Monday, Tuesday and Thursday from 3:30-4:45. We are still recruiting for a coach but we will get started and start conditioning and building skills.

Teen Fitness Classes are scheduled every Tuesday from 3:15-4:15 p.m. The times for this may change if it interferes with people wanting to do both basketball practice and fitness class.

The Teen center will be closed on October 25th to help set up the Halloween Party. Don't forget, it's from 5:00 - 7:00 p.m.

The Teen Center Movie Night will be Thursday, October 24th starting at 5:00.

We are planning a number of craft project throughout the month including duct tape art, a self-portrait collage, nail art, and Halloween tin can lanterns.

We will also be brainstorming and planning future activities and events for teens – everything from recreational activities to college visits to community events. Stop by and be a part of it ...





FRIDAY, OCTOBER 25

5:00-7:00 P.M.

HALLOWEEN PARTY

TU HA'BUTS LEARNING CENTER

DINNER FROM 5:00-6:30 PM

WEAR YOUR COSTUMES AND BE PREPARED FOR SOME SPOOKY FUN!!

COOKIE DECORATING, CREEPY CAKE WALK & MORE WIN EERIE PRIZES!!

CANDY FOR ALL GHOSTS AND GOBLINS

QUESTIONS CALL JERILYNN 432-3992





Handling the Unexpected

There's nothing harder to plan for than unexpected events that impact your life and finances. Yet loss of a job, the death of a loved one, illness or other unexpected occurrences happen at one point or another in most of our lives. The key to successfully surviving these life-changing events from a financial perspective is to anticipate hard times. Shore up your financial situation before you are hit with an unexpected expense, so you will be covered in the event something happens.

The Importance of an Emergency Fund

Because we cannot predict when life will throw us an unexpected challenge, it is important for everyone to build and maintain an emergency fund with three to six months' worth of living expenses. The key to building an emergency fund is to set money aside every month, no matter how small the amount.

Financial experts recommend that, unlike retirement funds, emergency savings should be kept fairly liquid, in a savings account or a money market fund. Hopefully you will never need it. But if you do, you'll be glad it's there.

A New Financial Picture

Once the immediate financial matters are taken care of after an unexpected life event, it will be time to take stock of your new financial situation and create a plan for yourself moving forward. Whether you have faced job loss, divorce, illness or another event, you should create a new budget reflecting your situation. This is the first step toward financial security and rebuilding your emergency fund, which you may have tapped into to manage a financial crisis.

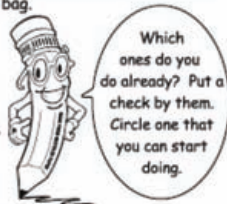
To develop a budget, write down your current expenses, indicating whether each expense is a necessity or a luxury. Pulling out recent credit card bills and bank statements can help with this process. Next, estimate your monthly income, including only income that you are certain you will receive. Then compare your income to expenses. If your expenses are higher, you will need to trim your expenses until your income is higher than your expenditures.



Reduce Your Garbage

It's much better not to make waste in the first place. Reducing waste is easier than figuring out what to do with it once you've made it. Here are nine things you can do to reduce your garbage:

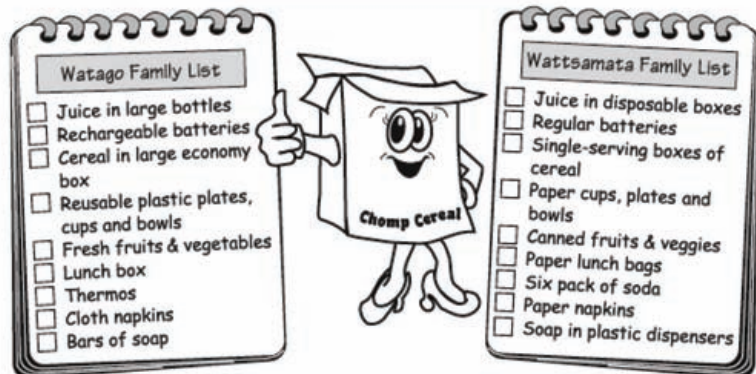
- ☐ Carry your lunch in a reusable bag or lunchbox instead of a paper bag.
- ☐ Use a glass or plastic cup instead of a paper cup.
- ☐ Mend and repair clothes and toys rather than buy new ones.
- ☐ Pick products that have little or no wrapping or packaging.
- ☐ Use cloth bags to carry things you buy, not paper or plastic bags.
- ☐ Buy food and other products in the largest size possible.
- ☐ Buy products in bottles you can refill.
- ☐ Store leftover food in reusable containers, not in plastic wrap or foil.
- ☐ Avoid buying "disposable" products. Buy things that will last a long time.



Which ones do you do already? Put a check by them. Circle one that you can start doing.

Reduce Waste - Shop Wisely

Write the name of the family with the **GROCERY LIST** that is better at reducing waste: _____.



Fireplace Safety Ideas

Having a fireplace is a wonderful thing but along with the beauty of the flames, the crackling sound of the fire, and the sweet smell of smoke comes something very important safety! Being safe with your fireplace goes beyond just keeping a controlled fire. It goes to ensuring small children and pets cannot get close to the flames or glowing embers, it means that smoke and toxins do not back up into the home, and it means making sure the chimney is not clogged with bird or other animal nests, or other type of debris that could cause a fire.

To help you keep your family and home safe, we are recommending the following safety measures:

- **HAVE YOUR CHIMNEY PROFESSIONALLY CLEANED EVERY YEAR IN THE FALL BEFORE YOU BEGIN USING IT**
- Keep stacked firewood carefully covered on top to ensure any rain or snow does not get to the wood and that air can circulate to help keep the firewood dry
- Keep your fireplace hearth free of newspapers, magazines, toys, or anything combustible
- Make sure all your smoke and carbon monoxide detectors are working in the home
- Be sure the door and glass gaskets are sealed properly before you light the fireplace
- If you have gas logs, stoves, or fireplaces with inserts, you should have the burners serviced and the control access cleaned before being used. Often, dust, pet hair, and other debris can clog the gas jets.
- NEVER leave open wood fires unattended
- ALWAYS have an adult operate the fireplace
- Do not use candles or any type of combustible decoration on the mantle or hearth
- Do not use the fireplace to burn an old Christmas tree
- Be sure ashes are stored in a metal container that has a tight fitting lid
- NEVER use any type of flame accelerant in the fireplace such as gasoline or lighter fluid
- If you are going to light a fire in a snow or ice storm, check the chimney top first to ensure it is not clogged
- Be sure the family has a fireplace safety course and that an escape plan has been implemented

By following a few simply safety steps, you could save you and your family from being harmed or even killed, or from having damage or destruction done to your home.



Elder Activities

Elizabeth Heredia - October promises to be a very busy time for Elders in Squaxin Island and neighboring vicinities.

The first big event is Squaxin Island Elders Inc.'s only fundraising event of the year and that is OysterFest at the Fairgrounds in Shelton the first week end of October. Squaxin Island Elders have been dishing out traditionally cooked salmon, fry bread and coleslaw since Skookum Rotary first started the OysterFest.

OysterFest this year will be October 5th and 6th. Volunteers are desperately needed. Please contact Squaxin Elder Program staff at 432-3972 to volunteer for a 3-hour shift on Saturday or Sunday.

Squaxin Island Elders will also be hosting their Biannual Elders Host Luncheon on Friday, October 11th at Little Creek Casino's Event Center from 9:00 a.m. (registration time) till 3:00 p.m. Last year (2011), when Squaxin hosted this event, we counted well over 650 guests. Elders and Squaxin staff have been busy working on give-away items for this big event.

Our agenda this year includes traditional Native drumming and singing; honoring Native veterans; having an "Elder Idol" singing contest; and last, but not least, a fashion show of Elders' contemporary native dress and regalia. We also have Flash Back Eddy providing oldies music as entertainment. It promises to be a fun filled, active event with lots of give-aways for our guests. Volunteers are also needed for this date. Please contact Elizabeth Heredia at (360) 349-9368 if you can assist us with this event.

A big thank you to Little Creek Casino Resort; Squaxin's Natural Resources staff; Squaxin Island Tribal Council and all of the countless volunteers that have been working with us so far to make this the host luncheon to remember.

Along with these big annual events, we are still doing the regular inter-generational storytelling and activities with daycare children on October 30th at 1:00 p.m.. We will have our Thursday Night Buffet at Little Creek Casino on Thursday October 17th at 6:00 p.m.

We have meals on Mondays, Tuesdays and Thursdays at noon as well as dinners on Wednesday evenings at 6:00 p.m. with Bingo afterwards.

Little Creek Casino gifts our Elders free tickets to every event they have at the Event Center. In October we can go see Wayne Newton. For more info., give us a call.

We are planning some trips real soon, so stay in touch via Facebook, Elders web page on the Squaxin Island web site or give us a call at (360) 432-3868.



Community Wellness Fair



LAST CHANCE!

Third and FINAL opportunity for

FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is offering the services of Jim Richardson, an attorney who grew up in Shelton, to help Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents. **Since this effort is part of the Tribe's land acquisition process, Jim can also help you avoid further fractionation of your trust lands.**

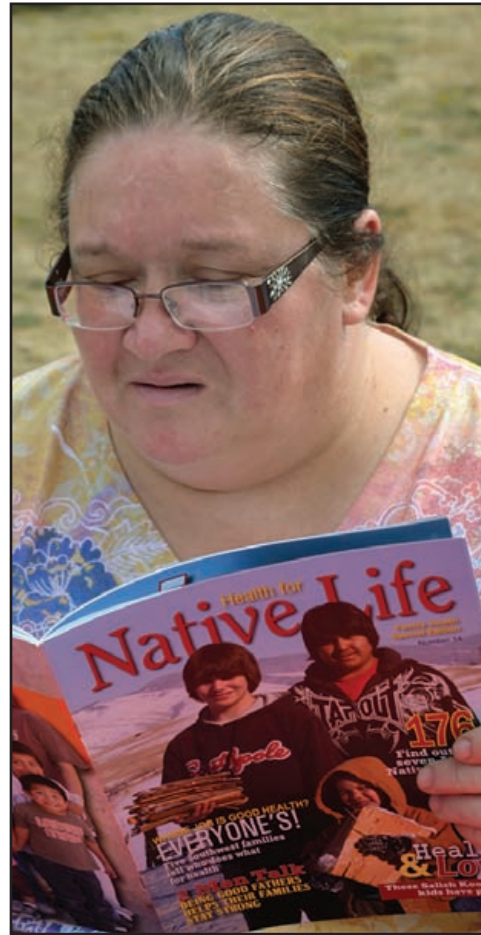
Jim is available at a time and date that is convenient for you. He will also be available in person on August 24, 2013 at the Community Health Fair to answer any questions and schedule appointments.

- Wills
- Indian Trust Property-Related Documents
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Funeral Arrangements
- Estate Planning

If you are interested in these services, please contact Diane Deyette, Legal Department, at (360) 432-1771 x 5. We are scheduling appointments now.



COMMUNITY WELLNESS FAIR





COMMUNITY WELLNESS FAIR





HUMAN RESOURCES



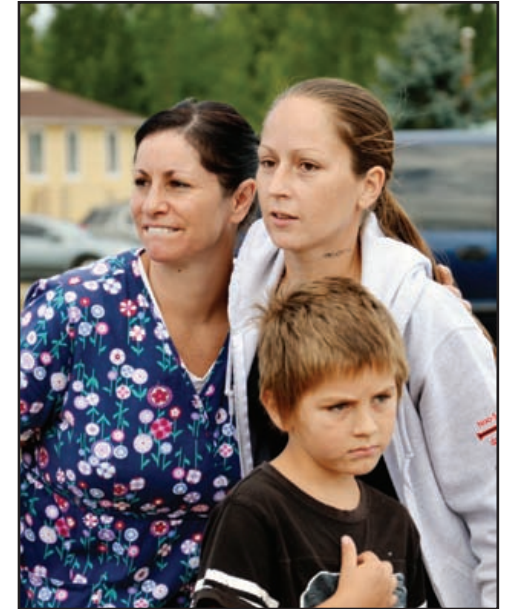


COMMUNITY WELLNESS FAIR





COMMUNITY WELLNESS FAIR





COMMUNITY WELLNESS FAIR





Mood and Food

What you eat can change the way you feel

by Alicia Webber, MS, LMHC,
Mental Health Counselor for Squaxin Island Behavioral Health

There is a direct link between what food you eat and your mood, energy, sleep and how well you think. Our brains use certain nutrients to produce neurochemicals that affect all of those things. If those nutrients aren't present, our brain cannot make the neurochemicals we need to feel good or function well. Simply put, you need to eat right to feel right. I don't mean in the long term, I mean right now.

It can help to look at the food you put in your mouth the same way as you look at a cup of coffee. The effect will be that quick and that strong. A lot of greasy food will make you feel sluggish almost instantly. A bowl of pasta will give you energy. Even water makes a difference; dehydration can make you irritable, zap your energy and give you headaches.

Do you struggle with sleep, depression, anxiety, irritability, difficulty with attention, or lack of energy? For any of these symptoms, the first place you should start is your diet. You may be feeling this way because your brain doesn't have what it needs to function well.

If you take an antidepressant, it is important to know that your medication won't work if you aren't eating right. This is because antidepressants work by helping your brain better use the neurochemicals that make you feel good. The medication does not contain those neurochemicals; our brain makes them with the food we eat.

Here are a few tips to get you started:

AVOID

Greasy choices - particularly those high in saturated fat - are linked to both depression and dementia. What's more, a large, high-fat meal will almost instantly make you feel sluggish.

Processed foods - Try to stick to whole foods as they have more nutrients in them and no additives/chemicals that hurt your body and your brain. A good rule of thumb is not to eat anything that has an ingredient you don't know or anything that doesn't sound like real food.

EAT 3 BALANCED MEALS A DAY

Start with eating breakfast to give you energy for the day and get your brain working right. Eat both lunch and dinner or at least a good sized healthy snack. Going too long without eating will lead to mood swings and make you feel tired because you are running on empty. Try to make sure each meal includes fruit or vegetables, lots of fiber and nutrients, some lean protein, good fats and whole-grain carbohydrates.

TRY SPECIFIC FOODS TO TARGET MOODS

Each neurochemical that affects mood (serotonin, norepinephrine, dopamine, epinephrine) is produced in our brain by different nutrients. Get started by making just a few adjustments in your diet.



Begin your day with a bowl of yogurt topped with granola and fresh or frozen fruit. The nutrients in the granola and the fruit will help increase your energy, increase your ability to focus and calm your emotions. The whey protein in the yogurt will give you energy, increase alertness and help with memory.

Throw some fresh spinach into your spaghetti dinner. The folic acid and iron in dark, leafy greens like spinach can help fight fatigue and depressed moods.

Want to learn more about how this works and other changes you can make in your diet to feel better? **Come to the Elder's Building on Thursday, October 17th after lunch (1:00 p.m.) to hear a presentation on this subject.**

The Squaxin Island Behavioral Health Outpatient Program offers mental health counseling to help those who struggle with depression, anxiety, life stressors and other challenges. To set up an appointment, just stop by or call us at (360) 426-1582. We are located at the bottom of the hill by the fire department, at 100 SE Whitener Road. We provide counseling for adults and children of all ages, couples and families. We also offer chemical dependency counseling.



Expert Tips on Depression

Tips from Robert Rowney, DO, psychiatrist, Cleveland Clinic, Cleveland

Reduce stress to help relieve depression. I make lists of the important things I need to do and then focus on one at a time. That keeps me from feeling overwhelmed. Socialize! Get out of the house and interact with people. That will reduce stress, expand your interests, relieve boredom, and sharpen your mind, all of which can counter depression.

Tips from Jennifer Payne, MD, director, Women's Mood Disorders Center, Johns Hopkins Hospital, and associate professor, Johns Hopkins Medicine, Baltimore

Keep a mood calendar to track how you feel from day to day. This is especially helpful when you start a new medication, which may take weeks to become effective. Exercise boosts the mood. We know that from studies, and I see it in my patients who work out. An early walk gets you up and outdoors first thing.

Tips from Bryan Bruno, MD, acting chair of psychiatry, Lenox Hill Hospital, New York City

Exercise benefits people with depression, so do it regularly to keep your mood up. Cardio and light weightlifting especially get my patients going in the morning and improve their alertness and energy all day. Sound sleep will help counter depressive feelings. My best moods occur after I get a solid eight hours of sleep, and my patients report feeling better when they sleep well.



Clinic Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Smart Shopping/

Food Label Workshops

Contact Patty to schedule
a family & friends session

Health Promotions Programs

We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

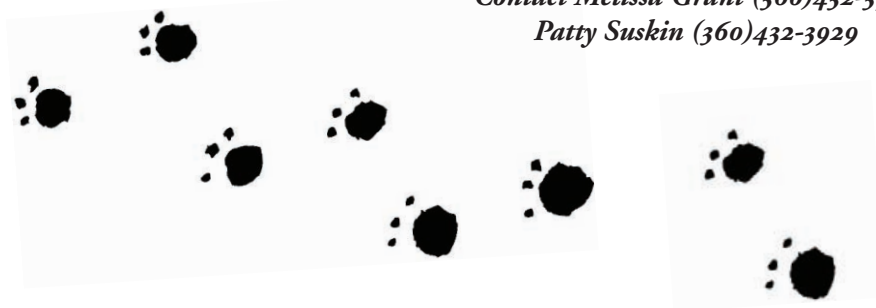
If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Next Mammogram Clinic

October 1st date to be determined
Call Traci Lopeman at 432-3930

Contact Melissa Grant (360)432-3926

Patty Suskin (360)432-3929



October is a great time to enjoy pumpkin

Here is an easy, delicious treat to try

Submitted by Patty Suskin, Diabetes Coordinator

Pumpkin Apple Bread

Makes 2 loaves

Bread ingredients:

- | | |
|----------------|---|
| 1 ½ cups | Whole wheat flour |
| 1 ½ cups | Oat flour (blenderize or food process almost 2 cups of regular oats) |
| 2 teaspoons | Baking soda |
| 1 ½ teaspoons | Ground cinnamon (I used 2 teaspoons) |
| 1 teaspoon | Nutmeg |
| 1 teaspoon | Cloves |
| ¾ teaspoon | Salt |
| ¼ teaspoon | Allspice |
| 1 can (16 oz.) | Pumpkin |
| 2 ¼ cups | Sugar (or Splenda) |
| 4 | Eggs, lightly beaten |
| ¼ cup | Oil |
| ½ cup | Apple sauce |
| 1 tsp | Vanilla |
| 2 small | Granny Smith (or favorite apple), peeled, cored, and diced into ¼ inch pieces |

Cinnamon - sugar topping ingredients:

- 5 tablespoons sugar
- 1 tablespoon flour
- 1 tablespoon unsalted butter or margarine, at room temperature
- 1 teaspoon cinnamon

Directions:

1. Preheat oven to 350.
2. Combine topping ingredients with fingers to an even, crumbly texture. Set aside.
3. Spray two 9 x 5 loaf pans.
4. Mix together flour, baking soda, cinnamon, nutmeg, cloves, salt, and allspice in a large bowl.
5. In another bowl, mix eggs, oil, applesauce, vanilla, sugar and pumpkin.
6. Add flour mixture to pumpkin mixture stirring to evenly mix.
7. Add apples
8. Divide the batter between two loaf pans.
9. Sprinkle with cinnamon-sugar topping & press lightly into batter
10. Bake until a toothpick inserted in the center comes out clean, about 1 hour.

WIC

(Women, Infants, and Children)

provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:

Your child, Provider One Card
or paystub and Identification for
you & your child

Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227 or
main SPIPA 360 426-3990



Tuesday,
October 8 is
WIC DAY at
SPIPA



More Tips to Keep Families Healthy

Source: Web MD

Submitted by Patty Suskin, Diabetes Coordinator

As a parent, you are a powerful role model. If you find ways to be more active every day, your kids will follow your lead.

Here are five ideas for family fitness that can get you all moving.

1. Make Time to Play

Set aside 30 minutes three times a week to do fun exercises with your kids. Make it a part of your after-school or after-dinner routine. If your kids are young, they might enjoy hopscotch or hide-and-seek. Kick a soccer ball around with older children. Also plan at least one family activity every weekend. It can be as simple as taking the little ones to the playground -- or as challenging as an all-day hike with your teenager. A key to getting kids moving is planning time for physical activities. You can find that time by turning off the TV, for starters -- and keeping TVs out of the kids' bedrooms. Then offer a variety of family activities, both competitive and noncompetitive. Exploring different ways to move their bodies will help children find exercises they enjoy and want to stick with for the long run.

2. Walk or Bicycle Everywhere You Can

Use muscle power: Bike or walk to the grocery store, library, or to your child's school or sports events. Go for a 30 minute family walk after dinner instead of heading right for the television. Track everyone's mileage or steps with a pedometer, and try to add more distance every week. Use a family exercise log or colorful stickers to track your progress. Put your log or chart on the refrigerator as a reminder to keep up the good effort together.

3. Plan Active Family Gatherings

Serve up family fitness as well as food at your child's birthday party by planning active games such as tag or relay races. Older kids might enjoy throwing a dance party. Any large gathering of kids is also a great opportunity to play a team sport. Just head to a nearby soccer field or basketball court. Other active party ideas: a pool party, in-

line or ice skating, or climbing at an indoor rock gym. At family or holiday gatherings, turn off the TV and take a walk around the neighborhood or go for a short hike at a local park. Or get everyone outside for a game of catch or shooting hoops.

4. Sing and Dance While You Clean

Set aside time for household chores and do them together as a family. Play music as you clean, and take turns choosing favorite songs. Younger children love to help out and can pick up toys or sweep floors while dancing with the broom. Older kids can dust, vacuum, and help make beds.



Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!

10 tips

Nutrition Education Series

be an active family


Choose MyPlate.gov

10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.

10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

 United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 29
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Community Wellness Fair August 24

Submitted by Patty Suskin, Diabetes Coordinator

We had a great time with the vegetable and fruit costumes . . . appreciations to WA State Office of Superintendent of Public Instruction (OSPI) for loaning them. Also, thank you to those who were willing to try them on!

In case you missed our *Portion Distortion* booth, check out the portion distortion quizzes on line: <http://hp2010.nhlbihin.net/portion/> or just Google "Portion Distortion Quiz".

If you are interested in Health for Native Life Magazines, Eagle Books, Inspiration of Wellness booklets, Native Plate placemats, and more items from I H S, contact Patty Suskin, Diabetes Coordinator.

Thank you to Traci Lopeman, JeNene Miller, Theresa Henderson, and Marilee Bittner-Fawcett for taking many pictures of our fun. *See Pages 16 - 18.*



October is Depression Awareness Month

Follow these tips to stay at your peak!

Source: WebMD

Submitted by: Patty Suskin, Diabetes Coordinator

Many people do not go to counseling or turn to others for help because they believe asking for help would mean that they are a failure or inferior to others. Or they may feel that no one can help them solve their problems. The truth is that there are people who can help.

Depression is treatable.

1. Feeling down?

Oct. 10 is National Depression Screening Day, so get checked out.

Visit www.mentalhealthscreening.org.

Also, the clinic has a depression screening tool now used for everyone.

2. Help yourself

If you have suicidal thoughts, call the National Suicide Prevention Lifeline immediately at 800-273-TALK.(1-800-273-8255)

3. Open up

The sooner you seek treatment -- talk therapy and/or medications -- the better your outlook. Call Behavioral Health at 360 426-1582

4. Get moving

Physical activity is one of the best things you can do to improve your outlook.

4. Sleep better

Treat problems such as insomnia or sleep apnea to help ease symptoms.

5. Call in

Try therapy by phone when you can't meet in person.

6. Eat well

A quality diet rich in veggies, fruits, whole grains, and fish may help fight depression.

7. Monitor your mood

Download the WhatsMyM3 app for iPhone and Android.

8. Find a resource

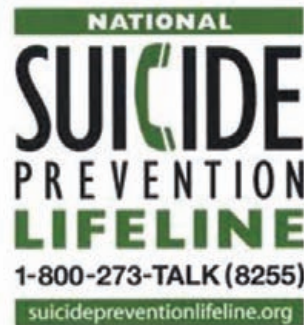
Visit WebMD's Depression Center for comprehensive info and the latest news.

9. Walk away

Depression can cloud your judgment. Take a deep breath, and make big decisions when you start to feel better.

10. Watch out

Depression can return, so make sure you talk to your doctor if you begin to feel symptoms again.



Colorectal Cancer Screening & Your Well Being

Well being is important in every aspect of our lives, body mind and spirit. Colorectal cancer screening is a big part of maintaining well being in your body.

Your colon processes all you eat and absorbs the nutrients from it. If you have part of your colon removed due to surgery for colon cancer or any other reason, your life is altered very dramatically.

You may not look forward to doing a colorectal cancer screening, but when you reach the age of 50 you should add colorectal cancer screening to your medical "To Do" list.

The benefits of screening are clear. More than 50,000 people die each year from colorectal cancer, but if everyone 50 and older were screened, at least 60% of these people could be saved.

Screening options range from a home testing kit to more advanced procedures.

Talk to Lindy, Patient Navigator for the SPIPA Colon Health Program, at the Squaxin Island Clinic to see what test is best for you and when to start. If you are at high risk, you should start earlier than age 50.

CONTACT:

Lindy Parker, Squaxin Island Clinic

Elders Menu

Tues. 1 Soup & Sandwich
Wed. 2 Ham
Thurs. 3 Garden Penne

Mon. 7 Beef & Broccoli
Tues. 8 Soup & Sandwich
Wed. 9 Lasagna
Thurs. 10 Baked Potato Bar

Mon. 14 Buffalo Sliders
Tues. 15 Soup & Sandwich
Wed. 16 Tuna Casserole
Thurs. 17 Chicken Alfredo

Mon. 21 Beef Fajitas
Tues. 22 Soup & Sandwich
Wed. 23 Pot Roast
Thurs. 24 Cabbage Patch Stew

Mon. 28 Baked Fried Chicken
Tues. 29 Soup & Sandwich
Wed. 30 Pork Roast
Thurs. 31 Tacos

Diabetes Support & Education
Everyone is welcome—
those with Diabetes or not.
Join in for a few minutes or the whole time

Thursday, October 17, 2013
After Elder's Lunch at Elder's Building
1 to 2 pm

TOPIC: Food and Mood:
Making Food Choices to Feel Better

Guest Speaker: Alicia Webber MS, LMHC

You can Take Charge of your Diabetes & Live a Long, Healthy Life

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929



Happy Birthday

Donna Penn	01	Ronald Day, Jr.	09	Shanika Rose Cooper	18
Carmen Orsillo	01	Christina Claridy	10	Danielle Whitener	18
Jess Ehler	01	Susan Clementson	10	Clara Seymour-Luby	18
Shirley Monahan	01	Kade Whitener	10	Christina Price	18
Thailer Vilter Jr.	03	Ernest Pluff Jr.	10	Christine Thompson	19
Joshua Smith	03	Owen Dorland	10	Trelace` Sigo	19
Adam Mowitch	03	Dontae Hartwell	11	Jacey Gonzales	20
Lorenzo Solano	04	Michael Peters	11	Michael Henderson, Jr.	20
Steven Sigo, Jr.	04	Sharen Ahrens	12	Leroy Yocash, Jr.	21
Nichole Seymour	04	Larry Mc Farlane, Jr.	12	Sean Spezza	21
Lydia Buffington	05	Sabrena Johns	12	Bear Lewis	21
Beth Robinson	05	Steven Sigo	13	Giovanni Solano	21
Russell Pleines	06	Jericho Hartwell	13	Draven Brown	21
Jeremiah Schlottmann	06	Julian Masoner	13	Peter Kruger, Sr.	22
Michael Todd	06	Savannah Fenton	14	Anthony James	22
Shiloh Henderson	06	Bobbi Filipetti	16	Danielle White	22
William Peters	07	Leo Henry Jr.	16	Erik Johnson	23
Michael Krise	07	Troy Baxter	16	Daren Brownfield	24
Audelia Araiza	08	Mitchell Coxwell	17	Marjorie Hill	24
Elizabeth Perez	08	Kelly Davis	17	Rolayno Charters	24
Alea Shea	08	Charles Lacefield	17	Rose Davis	24
Theresa Davis	08	Ruth James	17	Roger Turner Ford	24
Mathew Nelson	09	Wilson Johns	17	Erika Poste	25
Addison Peters	09	Micha Roberts	18	Donna Baker	25
Colton Gott	09			Cloe' Martin	25
				Kasia Seymour	26
				Selah Thale	26
				Autumn Murch	26
				Lisa James	26
				Ellen Davenport	27
				Mario Rivera	27
				Dione Johnston	27
				Andrew Crone	28
				Ronnie Johns	29
				John Krise	29
				Mariano Bello	29
				Arthur Barragan	29
				Zackary Sayers	29
				Adrian Garcia	29
				Tori Willis	30
				Carie Kenyon	30
				Sam Luby	31
				Marvin Henry, Jr.	31
				Tarvail Davis	31
				Tanya Anderson	31
				Hayden Seymour	31
				Wilma Morris	31

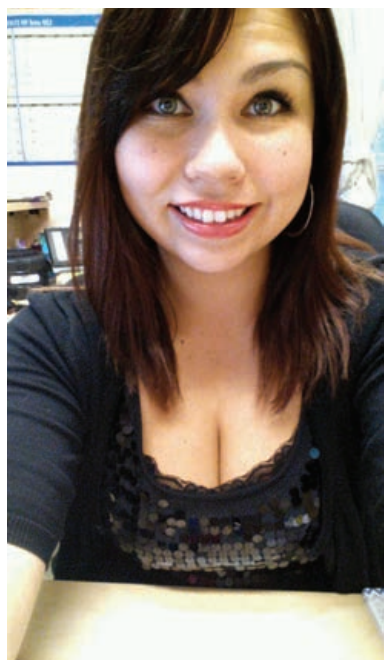
What's Happening						
	1	2	3	4	5	
		Family Court				
6	7	8	9	10	11	12
	Chairman's Challenge Golf Tournament	Criminal/Civil Court		Council Mtg.		
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Criminal/Civil Court		Council Mtg.	Halloween Party	
27	28	29	30	31		

Culture Night: Every Thursday at 5:00 p.m. at the MLRC

AA Meeting: Every Thursday at 7:30 p.m.
Basket Class: Every Wednesday at the MLRC



New Employee



Tiffany Sizemore **TANF Intake Specialist**

Hi my name is Tiffany. My dad is Michael Henderson. I have a 5 year old son and his name is Aidan. He is my world. I am the new TANF Intake Specialist and I really enjoy working here so far.



"OCTOBER SPECIAL"

FREE! FREE! FREE!

5 Packs of Traditions Full Flavor 100's
WITH PURCHASE OF 1 CARTON
COMPLETE Full Flavor 100's

OR

5 Packs of Traditions High Air 100's
WITH PURCHASE OF 1 CARTON
COMPLETE High Air 100's

Located at the factory
Hours: M – F 9 AM – 3 PM

MUST SHOW TRIBAL MEMBERSHIP CARD

(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)

NOT INCLUDED IN MONTHLY SPECIALS

1		
2		
3		THE HONORABLE ANITA ESTUPIÑAN NEAL
4		
5		
6		
7		SQUAXIN ISLAND TRIBAL COURT
8		YOUTH COURT
9	IN RE:	Case No.: SQI-CW-2012-1210-0175
10	KO,	NOTICE OF GUARDIANSHIP HEARING
11		
12		An Indian Child
13		
14		THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Shawn O'Brien:
15		YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.12.010 of the Squaxin Island
16		Youth code, a Petition for Guardianship for the above named youth has been filed in the Squaxin Island
17		Youth Court. The hearing on this matter shall be held on the 2 nd Day of October, 2013 at 11:00 am at 10
18		SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO
19		RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A PERMANENT
20		PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address
21		or call 360-432-3828 for more information.
22	Post:	September 5, 2013
23	Publish:	September 25, 2013
24		
25	NOTICE OF HEARING – PAGE 1 OF 1	SQUAXIN ISLAND LEGAL DEPARTMENT 3711 SE OLD OLYMPIC HWY SHELTON, WASHINGTON 98584 360.432.1771





Happy Halloween

BINGO AT THE CREEK

Wear a costume or orange & black
Receive a free Level 1 with buy-in*

Saturday, October 12th * 2:30 & 6:30pm
Sunday, October 13th * 2:30pm & 6:30pm

\$50 Hotseat drawings every hour

2:30 Session Blackout Prize * \$599

6:30 Session Blackout Prize * \$1,199

Early Bird Specials * 6:30 Sessions

\$ 79 Special Room Rate for Bingo Participants

* Free 3-on with level one with buy-in



LITTLE CREEK
CASINO • RESORT
www.little-creek.com



See the Keno for more details. 1800-667-7711
Must show buy-in at time of check-in to receive special room rate.
Customers can call in advance to book rooms.
*must be 21 or older for bingo specials



October 19th - 3pm - 11pm

Live Entertainment
Featuring

No Quarter & Whiskey River!

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

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